



MANO WELLNESS

CREATE YOUR OWN MANTRA WORKSHEET

- **What are you struggling with most right now? What do you want to change about your thoughts, feelings, or actions?**

Example: I have a creative idea I want to pursue but I don't know whether or not I can find the time for it or do it well enough to be successful. I want to believe in myself and get to work

- **What's something positive you believe intellectually about this struggle but that your heart has trouble remembering?**

Example: I have a gift for this work and an obligation to put it out into the world. I have the tools I need - I just need to get started.

- **What's something (or a few things) you would like to believe about this struggle?**

Example: I am good at this. I was meant to do this kind of work. I have the work ethic to make this project successful and will do whatever it takes.

- **How do you want to feel about this struggle when you think about it?**

Example: Confident, determined

- **Distill those sentences and ideas down to just a few words that help generate the feeling you want to have. *Remember to keep it positive.* Example:**

The world wants what I have to offer. I was made for this.



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Once you have a sentence or two that seems **true** to you and makes you
feel how you want, **WRITE IT DOWN**

Keep it somewhere you'll see it regularly and be reminded of it.
(your desk, your phone wallpaper, your mirror, etc.)

WORK TO MAKE THIS THOUGHT A NEW HABIT!
